

MRS. LYON'S ACHES AND PAINS

Have All Gone Since Taking
Lydia E. Pinkham's Veg-
etable Compound.

Terre Hill, Pa.—"Kindly permit me to give you my testimonial in favor of Lydia E. Pinkham's Vegetable Compound. When I first began taking it I was suffering from female troubles for some time and had almost all kinds of aches—pains in lower part of back and in sides, and pressing down pains. I could not sleep and had no appetite. Since I have taken Lydia E. Pinkham's Vegetable Compound the aches and pains are all gone and I feel like a new woman. I cannot praise your medicine too highly."—Mrs. AUGUSTUS LYON, Terre Hill, Pa.

It is true that nature and a woman's work has produced the greatest remedy for woman's ills that the world has ever known. From the roots and herbs of the field, Lydia E. Pinkham, forty years ago, gave to womanhood a remedy for their peculiar ills which has proved more efficacious than any other combination of drugs ever compounded, and today Lydia E. Pinkham's Vegetable Compound is recognized from coast to coast as the standard remedy for woman's ills.

In the Pinkham Laboratory at Lynn, Mass., are files containing hundreds of thousands of letters from women seeking health—many of them openly stating their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound; and in some cases that it has saved them from surgical operations.

MEANS MUCH TO NAVAL MEN

Ability to Communicate Through Water One of Most Recent Important Discoveries.

Several American battleships and submarines are now equipped with R. A. Fessenden's submarine wireless apparatus. This sends messages more than thirty miles under water, and the inventor expects that with experience it will be possible to improve the apparatus so as to make it send and receive for several hundreds of miles. The apparatus starts a metal plate vibrating so rapidly that it sends waves of sound through the water. Sound travels through water four times as rapidly as through air.

In an article in the American Magazine, Cleveland Moffett quotes Professor Fessenden as saying:

"You see the importance of these oscillators in naval warfare, for a battleship equipped with such instruments can talk to its own submarines while they are miles away and submerged and can actually direct their movements against an enemy's vessels."

Genuine Heroism.

The characteristic of genuine heroism is its persistency. All men have wandering impulses, fits and starts of generosity. But when you have resolved to be great, abide by yourself, and do not weakly try to reconcile yourself with the world. The heroic cannot be the common, nor the common the heroic. If you would serve your brother, because it is fit for you to serve him, do not take back your words when you find that prudent people do not commend you. Be true to your own act, and congratulate yourself if you have done something strange and extraordinary, and broken the monotony of a decorous age. It was a high counsel that I once heard given to a young person: "Always do what you are afraid to do."—Emerson.

No Case for Sympathy.

"You didn't award any damages worth mentioning in that breach of promise case."

"No," explained the foreman of the jury. "We decided that the plaintiff was lucky to get rid of a man who would write the fool letters her lawyer read to us."

Head Bookkeeper Must Be Reliable.

The chief bookkeeper in a large business house in one of our great Western cities speaks of the harm coffee and tea did him.

"My wife and I drank our first cup of Postum a little over two years ago, and we have used it ever since, to the entire exclusion of tea and coffee. It happened in this way:

"I had an attack of pneumonia, which left me with dyspepsia, or neuralgia of the stomach. My 'cup of cheer' had always been coffee or tea, but I became convinced, after a time, that that aggravated my stomach trouble. I happened to mention the matter to my grocer one day and he suggested that I give Postum a trial.

"Next day it came, and we liked it so much that we will never change back; for I am a well man today and have used no medicine.

"My work as chief bookkeeper in our Co's branch house here is a very confining nature. During my coffee drinking days I was subject to nervousness and the 'blues' in addition to my sick spells. These have left me since I began using Postum and I can conscientiously recommend it to those whose work confines them to long hours of severe mental exertion."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pks.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

NEWS and GOSSIP of WASHINGTON



White House Gardeners Heave Sighs of Relief

WASHINGTON.—Some of the gardeners connected with the propagating gardens, near the old bureau of engraving and printing building, have been heaving sighs of relief over the semi-official news at the White House which has had to do with the president's plans for the summer, the understanding being that President Wilson is likely to remain at the White House for most of the heated term, although the woman members of his family are expected to go to the summer White House at Cornish, N. H.

From the propagating gardens are supplied the flowers for the White House tables, corridors and decorations of that character for friends of the family. This is in-between seasons with gardeners, when they plan to get ready for next year. This is particularly true of roses. Not knowing whether the president and the members of his family have intended to remain at the White House for a part of the summer, and unaware of whether a large quantity of cut flowers would be needed for the White House throughout the summer, the gardeners had not dared to take up their established plans.

The White House depends very largely upon the propagating gardens for cut flowers, and when there was once a discussion of taking away from the Monument grounds the propagating greenhouses, near the bureau of engraving and printing, President Roosevelt put a stop to the plan for the time being by demanding to know:

"Where am I going to get my roses?"

Washingtonians who were frequent dinner guests at the White House in former administrations have always been grateful to Mrs. Roosevelt for doing away with the superfluity of flowers at formal dinners and other functions there. It was the custom, one woman was recalling the other day, to bank all the mantels, mural tables, and even the window niches and other spaces that could be filled in, with masses of cut flowers and tropical plants. Mrs. Roosevelt inaugurated a more simple style of table decoration and of having vases set here and there with graceful clusters in them.

Postage Stamps Shown in the National Museum

ONE of the finest museum collections of postage stamps in the world is owned by the United States government. The public is now, for the first time, given the privilege of viewing these stamps in tabulated and orderly form. Their arrangement in brand new many cases of most modern construction has been completed by Joseph B. Leary, the government philatelist, and they now form a permanent exhibit of the division of history of the national museum.

This \$200,000 collection is installed in the southwest corner of the old building of the museum in the finest equipment of its kind in the world. The foreign countries are arranged in alphabetical order, and where there are colonies or possessions they are displayed in alphabetical order directly after the mother country in geographical sequence.

This collection is by no means complete; even from the United States issues a few of the stamps are missing. But even so, the history of the growth of the United States post office is practically reviewed as one examines the collection. The oldest specimens are those of the city issues of 1845—the first postmasters provisionals in this country. These were issued five years after the birth of stamps in Great Britain. The dates bring the fact startlingly to mind that postage stamps have only been in use a little more than fifty years. The first government issues came out in 1847.

One of the gems of the collection is the display of 30-cent stamps of 1869 with inverted medallions. The 30-cent stamp is the rarest square of paper in the entire collection and is worth \$1,500.

Among the twentieth century rarities are the stamps of 1909, printed on bluish paper, and the 2-cent stamps of the Pan-American commemorative issue of 1901, with inverted medallions, worth \$400.

Of the foreign countries, the Hawaiian stamps are about the rarest, and are really a magnificent lot. A Buenos Aires of 1858, the "3 pesos green," is valued at \$150. A wonderful collection of early Spain, including the rare two seals of 1851 and 1852 and the three quarts of 1853, are valued at from \$125 to \$250 each.

Dr. Carroll Fox Is Uncle Sam's Expert on Fleas

DR. CARROLL FOX of the United States public health service knows practically all there is to know about fleas. He has a full understanding of fleas' habits and characteristics and is almost able to catch the flea point of view. A flea is not always the romping, carefree individual he appears to be. Many fleas are temperamental, wicked—a great deal more wicked than an elephant for example, even though considerably smaller than an elephant in stature. A flea will move into a community that has never given it the slightest motive for revenge and begin to plot against it, spreading disease by means of germs that it carries about on its person—germs even smaller than itself. That is one of the wicked caprices of many of the innocent appearing flea. It is because of these sinister traits that Doctor Fox of the health service has found it advisable to make fleas a life work. A person who knows just what line of germs a given flea carries in stock is naturally able to tell just how far one should go in shunning the society of that particular flea. The whole proposition is simply a matter of daily routine with Fox. He has little if any more regard for the average flea, personally, than you or I have. He is a serious-minded scientist.

Now, being a serious minded scientist, Fox is not given to cracking jokes—particularly not about fleas. Yet, a while ago when Fox made the acquaintance of an entirely new genus of fleas, he gave the genus a name that is not untuned with a certain suggestion of humor. The flea was discovered in the dark interior of Africa. Fox has named it the Rooseveltella!

Somebody asked him how he happened to pick the name of Rooseveltella for the new brand of flea.

"Well," Fox replied, in substance, "Theodore Roosevelt did a lot of valuable work in the same locality where the flea was discovered and it seemed rather fitting that it should be named after him."

Moving Picture Machines Bought for the Army

THE war department, through the office of Quartermaster General Aleshire, has let a contract for 66 moving picture machines for the use of the army. This means the war department has set out on a new plan whereby Uncle Sam will endeavor to furnish amusement and instruction for his soldiers.

A moving picture machine will be sent to the chaplain of each post and each locality where troops are stationed.

Not only will each garrison have the use of a machine, but machines will be provided for troops in the field, in the large field camps, and at places like Texas City and Galveston, where large bodies are assembled for possible use in Mexico.

Army officers are convinced the moving picture machine will be well worth the money in that it will provide amusement, entertainment, and also instruction for soldiers. It will tend to make the soldiers better satisfied and to reduce desertions. Also it will tend to keep soldiers in camp at night.

There is a constantly increasing demand on the part of medical officers of the army for films which may be used in moving picture machines as an aid in lectures at army posts and camps in emphasizing the necessity of the enforcement of sanitary measures and of personal habits which shall be conducive to individual health. Sometime ago an effort was made at Fort Totten to develop a film which would illustrate the protective value of typhoid immunization, but the results were not entirely successful, and those who had arranged for the pictorial development of a demonstration were not satisfied with the results of their labors.

Conductor—I've just married. I intended to marry several weeks ago, but a hundred dollars stood in my way.

Friend—How did you get around it?

Conductor—I didn't try to. I knocked it down.—Judge.

DON'T VISIT THE CALIFORNIA EXPOSITIONS Without a supply of Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes, or dissolved in the foot-bath. The Standard Remedy for the feet for 25 years. It gives instant relief to tired, aching feet, and prevents blisters, hot feet. One lady writes: "I enjoyed every minute of my stay at the Exposition, thanks to Allen's Foot-Ease in my shoes." Get it TODAY. Adv.

A Vigorous Writer.

"Why does your mayor put on automobile goggles before he writes?"

"To keep the ink from spluttering in his eyes."—Munich Megendorfer Blaetter.

With some men life is but a hog path leading to the cemetery.

The rolling stone never takes a straight course.

Death lurks in a weak heart.

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EXCELLENT FARMING CONDITIONS IN CANADA

Letters from Settlers Indicating
Growing Prosperity.

The present year will add another proof that farming in Western Canada, when carried on with the same energy and system devoted to other lines of business, will bring about results fully as satisfactory.

Mixed farming as a tocsin has been sounded for a number of years, and today it is being adopted pretty generally throughout the Provinces of Manitoba, Saskatchewan and Alberta. There are those who have made no greater success of it than they did when they pursued grain growing alone, but where one has failed to accomplish what he had hoped to do, dozens have scored success.

From Sedgewick, Alberta, we hear of E. L. Deputy, for past twelve years manager for Frye & Sons, packers, Seattle, who during 1914 were the largest buyers of hogs on Alberta markets. He is taking up active work on his 1,200-acre farm near Sedgewick. Although he was one of the highest paid salaried officials on the Pacific Coast, his frequent visits and personal knowledge of farming conditions in Western Canada convinced him there are greater opportunities in farming Alberta land than in commercial life, with greater assurance of ultimate independence and prospects of home-making under the most desirable conditions.

Thomas McKay, a farmer near Hardisty, Alberta, has this to say about the country:

"I came to Hardisty from Osage City, Kansas, nine years ago and took up a homestead here. This is a good district for the farmer who wishes to raise grain exclusively, and as a mixed farming country it cannot be beaten anywhere in the world to my knowledge."

"I had ten cattle, which ranged outside all last winter, and this spring they were fat enough for the market, this without being fed but one night during the entire winter; they were fine fat cattle and looked beautiful. I raised some winter wheat here which weighed sixty-seven and a half pounds to the bushel, government weight, and which I shipped to Calgary. The miller who bought it said that it was the best wheat that had ever gone into Calgary. Wheat in this district yields as high as forty bushels to the acre, oats average sixty bushels. Alfalfa does well here."

"All in all I think the farmers are very well satisfied with the country, and the farmer who farms his land intelligently is sure to make a success. The climate here is the best I have ever lived in, the summers are delightful and the winters are mild. There has never been a blizzard during the nine years I have lived here nor any cyclones or wind storms."

A settler in the neighborhood of Cuticura, Alberta, spent \$2,000 in improving his quarter section, has 125 acres ready for crop, keeps 70 head of stock, believes in mixed farming, keeps two hired men, one all year, the other in summer only. He milks 12 to 18 cows, and receives an average monthly cream cheque of \$110. Last June he sold \$1,200 worth of hogs and in November two more carloads, besides supplying his own requirements, and is not only making money but building up a good home amid desirable surroundings. This is an example of the possibilities open to the industrious in the Gleichen district.

It is stated in the last three months \$38,000,000 of American capital has been invested in Canada, showing that United States financial men are satisfied of the solidity of Canadian institutions. Western Canada has been a heavy borrower and Western Canada's great resource is agriculture. U. S. financiers must be convinced that agriculture in Western Canada is sure and profitable or they would not be ready to invest so many millions in the country.—Advertisement.

Rubber.

"You like to look after the passing girls so," grumbled his wife, "that it's a pity nature didn't give you eyes in the back of your head."

"Oh, I don't know," responded the hardened wretch. "A flexible neck answers all purposes."—Louisville Courier-Journal.

Mean Thing.

Patience—I don't think Will is at all observing.

Patience—You don't?

"No, I don't."

"Well, I do. Why, he said the other night you had twice as much color on one cheek as on the other."

Cause of the Delay.

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Castoria
Net Contents 15 Fluid Drachms
900 DROPS
ALCOHOL—5 PER CENT.
A Vegetable Preparation for
Assimilating the Food and Regulating
the Stomach and Bowels of
INFANTS, CHILDREN
Promotes Digestion, Cheerfulness
and Rest. Contains neither
Opium, Morphine nor Mineral.
NOT NARCOTIC.
Beware of cheap imitations.
A Perfect Remedy for Constipation,
Sour Stomach, Diarrhoea,
Worms, Feverishness and
Loss of Sleep.
The Centaur Company,
NEW YORK.
At 6 months old
35 Doses—35 CENTS
Exact Copy of Wrapper

SEDIMENT CARRIED TO SEA

Figures Show an Almost Incredible
Amount Transported by China's
Mighty River.

Some estimates of the discharge of the Yangtze-kiang river and of the amount of sediment it carries have recently been published by Prof. Konrad Kellback of the Berlin School of Mines, who visited the river in September, 1913, when the stage of water was unusually high. From measurements of depth made at Wusung, Nanking and Hankow, and estimates of width and velocity, this authority concludes that the discharge below Hankow (885 miles from the mouth), amounts in time of flood to 3,500,000 cubic feet per second. The annual mean is estimated at 1,750,000 cubic feet per second. Filtration measurements made at the mouth, near Wusung, taken in conjunction with the above figures for discharge, indicate an annual transport of sediment at the average rate of 37,500 pounds per second, or a total of 584,000,000 tons per annum.

DON'T MIND PIMPLES

Cuticura Soap and Ointment Will Banish Them. Trial Free.

These fragrant supercreamy emollients do so much to cleanse, purify and beautify the skin, scalp, hair and hands that you cannot afford to be without them. Besides they meet every want in toilet preparations and are most economical.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

The Deaf and Dumb Spy.

As the British forces under General Kitchenier neared Khartum, a dervish spy was discovered in camp and taken to headquarters for examination. But neither bribes nor threats could elicit one word from the prisoner; he affected to be both deaf and dumb. Scarcely had he been put in a tent under guard, when another spy was led in who proved equally obtuse, so he was put with the first one.

Half an hour later, when the camp was settling down to rest, there was a fresh air and hubbub and a third spy was brought in, who also would reveal nothing, and was finally placed in the tent with his fellows.

Soon the guards outside heard a murmur of voices from within. The dumb spies had found their tongues, but it was impossible to overhear their talk distinctly or to understand it. An hour or more passed.

Then the door of the tent was thrown open and the third spy appeared and asked to be taken to headquarters. There he threw off his disguise and revealed—General Kitchenier! He had discovered all he wanted to know.

Whenever You Need a General Tonic Take Groves'

The Old Standard Groves' Tasteless Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents

A Cheerful Disposition.

"There's nothing like a nice, comfortable home," said the earnest citizen.

"Oh, I don't know," replied Mr. Grover; "as soon as you get a place so that it attracts attention for comfort the agent is liable to look it over and raise the rent."

YOUR OWN DRUGGIST WILL TELL YOU that Groves' Tasteless Tonic is the best for Red, Weak, Watery Eyes and Granulated Eyelids. No Stinging—Just Pure Comfort. Write for Book of the Eye by mail free. Write for Book of the Eye by mail free. Write for Book of the Eye by mail free.

Pitiless.

"Did Miss Howler sing with any feeling?"

"Not of pity for her audience."

In One Way an Artist.

"They say he's quite an artist."

"Well, yes, if you mean he draws on his imagination."—Buffalo Express.

Death Lurks in a Weak Heart

If Yours is fluttering or weak, use RENOVA. Made by Van Vleet-Mansfield Drug Co., Memphis, Tenn. Price \$1.00

Children Cry For Fletcher's CASTORIA

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Chas. H. Fletcher.
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

HORSES FOR EUROPE

Europe is buying thousands of horses from the United States for the war. The army agents refuse all horses that are not in good condition and free from contagious and infectious diseases. When the buyers come you must be ready to ship your horses in salable condition, prevent and cure Distemper, Pink Eye, Spindlegut, Catarrhal and Shipping Fever by using the largest selling veterinary remedy.

SPORN'S DISTEMPER COMPOUND. 60 cents and 10¢ bottles. Absolutely safe for all ages. One bottle cures a case. 16 cents and 10¢ bottles. Write for free booklets, "Distemper, Catarrh and Shipping Fever." SPORN MEDICAL COMPANY, Chemists and Veterinarians, GOSHEN, INDIANA.

JUST WHAT IS BAD AIR?

Experts Prove That Overheated Rooms Without Proper Ventilation Produce Serious Physiological Effects.

Air is bad when it is overheated, when it contains an excess of moisture, and when it is chemically contaminated. This is the conclusion of the New York state commission on ventilation as summarized by Prof. C. E. A. Winslow, chairman.

The first indictment against bad air shows that an increase in temperature beyond the normal seventy degrees produces serious derangement of the vaso-motor mechanism of the body, resulting in a rise of temperature, increased pulse, and a lowered blood pressure, with a corresponding decrease in efficiency, both physical and mental. In addition to this, overheating conduces to an undesirable congestion of the mucous membranes of the nose, thus possibly paving the way for colds, sore throats and attacks of various germ diseases.

The work of the commission also proves that chemical accumulations in the air as a result of air stagnation bring about a decreased appetite for food, which in turn must have an unfavorable effect on the entire body. In the commission's experiments, the people living in fresh air ate 4 1/2 to 13 per cent more than those living in stagnant air.

"These experiments," says Professor Winslow, "indicate that fresh air is needed at all times and in all places. While we have changed our ideas as to what causes bad air, ventilation is just as essential to remove heat produced by human bodies as it was once thought to be to remove the carbon dioxide produced by human lungs, and it is now proved also to be essential for carrying away chemical products which exert a measurable effect upon the appetite for food. People who live and work in overheated and unventilated rooms are reducing their vitality and rendering themselves an easy prey to all sorts of diseases, such as tuberculosis, pneumonia, grippe, etc."

Hard to Keep 'Em Out.

"Got any egg plants in your garden?"

"Not now, but four of my neighbor's were in yesterday for an hour or two."

Once it begins to fade, the beauty of a woman goes as quickly as the brilliant coloring of an autumn leaf.

Are Your Kidneys Weak?

Do you know that deaths from kidney troubles are 100,000 a year in the U. S. alone? That deaths have increased 75% in 20 years? If you are run down, losing weight, nervous, "blue" and rheumatic, if you have backache, dizzy spells and urinary disorders, act quickly. Use Doan's Kidney Pills. No other medicine is so widely used, none so highly recommended.

An Illinois Case

Edwin Gucker, Western Ave., R. F. D. No. 8, Mattoon, Ill., says: "The pains in the small of my back were so bad I could hardly walk. I had a severe attack of rheumatism. I lost weight, had a poor appetite and was all run down. Doan's Kidney Pills and soon improved. My kidneys got normal and the distressing ailments left me. I have been in good health since."

Doan's Kidney Pills. No other medicine is so widely used, none so highly recommended.

Parker's Hair Balsam

A solvent preparation of sulfur. Helps to eradicate dandruff. For Reducing Color and Beauty to Gray or Faded Hair. 50c and 10c bottles.

Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

W. N. U., ST. LOUIS, MO., 23-1915.

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